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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

WINTER 2018 VOLUME 42 NUMBER 2

READER INVOLVEMENT REQUIRED!

At a commuter college like Mat-Su, many of the students here spend hours driving from one campus to another. I know that I myself sit in my car heading to or from Anchorage 5 or 6 hours a week, something that is usually just a waste of time. Occasionally, however, something happens to spice up the drive and I'm sure that many of you have similar experiences. One time we saw more than 45 cars in the ditch and people were still driving like maniacs! Although that is a slightly tragic thing, it did make the drive less boring. You have a better one though, I'm sure. And we want to hear it! Send in your most interesting/funniest/most infuriating experience from the drive to or from Anchorage and we will publish the best ones in the next issue of the Monitor!

For reader responses to last issue's question: What was your worst Christmas gift?

See INVOLVEMENT on page 3

Get involved with your STUDENT GOVERNMENT Meetings Wednesday 12:00 - 12:50 OLB 214

Pacific Rim Conference on English Studies
To view the CFP and submit a proposal, scan here:
REFRAMING COLONIALISM
CONSIDERING LANGUAGES, CULTURES, AND IDENTITIES
APRIL 20-21, 2019
ANCHORAGE, ALASKA
UAA CAMPUS
ADMIN. & HUMANITIES BLDG.
3211 PROVIDENCE DR. 99508

Student proposals sought!
See page 3 for more details

Get up and Slam, It's Time for Cram Jam!

Math to the Maximum, Basketball to unfortunately a Minimum (but that's okay)

By Ryan Johnathan McCrossin

It's 9:00 AM. I walk into the lobby and head towards the cafe in my winter coat. I step in and realize I am the only student there at that time. I went up to Dr. Allen and said hello. She was happy to see me and told me to pick a table and start working. If I needed any help, please be sure to talk to her or anybody else here. Sounds good. There's a table full of Chex Mix, mini bags of chips, sandwiches in the back for further in the day, and soda and water over by the microwave. I grab a water and some Chex Mix, take out my textbook and start working.

When I told my friend I would be on campus today (October 20, a Saturday), he just looked at me funny. I could tell what he was thinking, "Why would you ever go to school on a Saturday?" I told him it was because I was going to one of the two Math Cram Jams this semester. He turned towards me and stared, "You're gone Monday-Thursday already, you're going to be gone another day? You're stretching yourself too thin, Ryan. You know what happened in high school, Ryan. You know how you missed graduation practice because of your AP exam, Ryan. You know how you got three hours of sleep before the Spanish competition, Ryan. You know what this is going to do to you, Ryan." But then I realized dogs cannot talk and I am imagining things.

10:30 AM. Someone gets the idea to make coffee. I am excited. There is already an

See CRAM JAM *page 4*

Upcoming events:

- **December 6:** Last day to donate to the Math Department food drive.
- **December 7:** Deadline to apply for fall graduation.
- **December 8:** MSC Math Cram Jam. Study for your math finals with your classmates and your professors. 9 AM to 2 PM, Snodgrass Hall.
- **December 10:** Book buyback week begins in the Campus Cache.
- **December 20:** Grades available in UA Online.
- **January 9:** New Student Orientation. Contact Student Services at 907-745-9762 to reserve your spot!
- **January 14:** Spring semester classes begin.
- **January 21:** Campus closed, Alaska Civil Rights Day and Martin Luther King, Jr. day.
- **January 25:** Last day to add classes, or drop a class without a mark appearing on your transcript.
- **February 4:** Summer 2019 schedule available on UA Online.
- **February 8:** Cooking with Chocolate Journey/Healthy Impact Event. 11 AM, cafeteria.
- **March 11-15:** spring break.
- **March 29:** Last day to withdraw from a class.

Mat-Su College accepting their first inaugural cohort of CNA students

By Adelina Rodríguez

Mat-Su College will be accepting their inaugural cohort of Certified Nurse Aide (CNA) students for spring 2019. Students who successfully complete the 6-credit hour course, HCA A105 Certified Nurse Aide, will be prepared to sit for the State of Alaska Licensing Exam. The cohort will be limited to ten students with the goal to increase enrollment to 20 students in future semesters to meet employment demands. With the emergence of two senior care centers in the Mat-Su Valley, a need for healthcare professionals, including CNAs, is vital to the welfare of our community.

knowing what to do and how to do it takes on a new meaning.

Sandy Gravley, Director of Student Services states, "When another person's well-being is on the line, knowing what to do and how to do it takes on a new meaning. My mom had to be hospitalized last spring after a fall. Helping her get well really opened my eyes to the importance of CNAs. She depended on their

See CNA COHORT *page 11*

Math Cram Jam
The Math Department invites students to study with faculty.
Saturday Dec 8
9:00 - 2:00

Math Department food drive

All donations go to the Mat-Su Food Bank. Drive runs to December 6. Look for drop-off bins in the...

- Snodgrass Hall atrium
- Library
- Hallway by the cafeteria
- FSM main entrance

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Fighting Opioid Abuse at a Community Level

By Miles Gibson

During 2017 about 142 Alaskan residents died from drug or alcohol overdoses. Of those 142 deaths, 108 were attributed to opioid use. While the rest of America is in the midst of an opioid epidemic, here in the Mat-Su Valley, a group made up of a wide range of community members is trying to help people towards recovery. Michael Carson, Vice president and Recovery Specialist of MyHouse in Wasilla, leads the Mat-Su Opioid Task Force. The Task Force's goal is to connect community members that are suffering from opioid abuse to supportive systems of partners, agencies, and individuals. The goal is to help them become healthy, self-sufficient, and productive members of our community. I attended a meeting of the Task Force to learn more about their work. This is what I learned.

Meetings are held the 1st Tuesday of every month at 4-6pm in the Wasilla High School theater. As a member of the music and counter-culture I was interested in what it meant to fight a drug within one's community. As a product of Reaganomics, I went into this meeting on a mind full of hash, weed and handful of drugs I could find in the old medicine cabinet. I was expecting

See OPIOID ABUSE *page 11*

CLUB MEETING TIMES:

Alaska Native Cultures Club: Thursdays, 2:30-3:00, FSM 201. Contact Jack Rogers II at jackrogers29@yahoo.com or 232-9039.

MSC Recyclers Community Club: 12-12:50, FSM 204. Contact Jack Rogers II at jackrogers29@yahoo.com or 232-9039.

Mat-Su Monitor: Wednesdays, 3:15-4:15 Thursdays, 12-12:50 Library room 213.

Monitor Staff Bios

In this issue of the *Monitor* we introduce new staff biographies. Over the course of the year, we hope to introduce you to all our contributors.

Sam Ouellette

Editor and Sports Guru

Sam has been with the Monitor for six years as a contributing writer and editor for the past four years. Sam recently attained his Associate's in Human Services through Mat-Su College and is continuing his academic career in pursuit of a Bachelor's in Social Work. When he is not working on academics, Sam enjoys reading, playing hockey, skiing, and spending time with his family.

Mesa Burgstahler

Mesa is a writer for the Mat-Su Monitor. As an art major and international traveler, she doesn't really enjoy writing that much but does enough for the paper that she can hang out and enjoy socializing at the meetings. (They haven't kicked me out yet, knock on wood...)

Heather Deadmond

A full-time student at UAA/Mat-Su pursuing an Art major, with a History minor. She has given up on submitting articles for the Monitor on time, but seems to gets away with it somehow. (This is probably because she is one of the student workers in the Alvin S. Okeson Library, and cannot escape when Ms. Badger and Mr. Muer remind her of impending deadlines.) Heather also is an alumni of the Disney College Program, a fact that she cannot resist inserting in to nearly every conversation. (She highly recommends it, if anyone wants to know.) She enjoys art time with friends, dodging responsibilities, cozy sweaters that are bordering on wearable blankets, drinking tea from oversized mugs, and napping to escape the homework that eventually catches up to her anyway.

Board Game Buyers' Guide

By James McIlmail

With the holiday season coming up, board games are most likely going to end up on most people's radar. Whether given as a gift, or pulled out to entertain, board game season is among us. So here are eight board game selections for you to consider bringing to the table this winter.

Dr. Eureka

Robert Fraga

Tired of being stuck playing children's games as simple as Chutes and Ladders? Dr. Eureka presents a game that is as engaging for parents, as it is for children.

Each player takes on the role of a lab assistant helping Dr. Eureka mix and match chemicals. The way each aspiring chemist mixes chemicals is by passing colored molecules between their set of three test tubes, in an attempt to match the current card in play.

Dr. Eureka provides an excellent balance of motor skills and problem solving for both parents and children.

Tummple!

Bruce Shadorf

We all know the best part of Jenga is when the tower of blocks come crashing down. The problem with Jenga is once the tower falls, the fun is over. Tummple fills that void.

Players take turns rolling a die to determine how they must place a wooden block onto the currently standing tower. If during your turn you knock down pieces from the tower, you get to collect the fallen pieces. After the last piece is placed, the player with the least number of blocks collect is declared the winner.

Sushi Go Party!

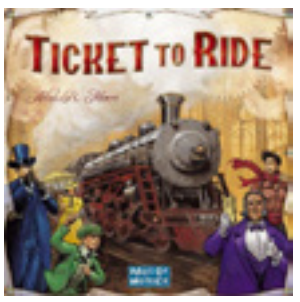
Phil Walker-Harding

Cute, quick, and surprisingly complex, Sushi Go Party! is a great introduction to card drafting games. Sushi Go Party! expands on the base game of Sushi Go! by adding the option to change what dishes are on the menu each game.

Everyone starts the round with a hand of cards, each with the most adorable cartoon sushi on it. Each turn, every player chooses one card to keep from their hand by placing it in front of them. And much like a conveyor belt sushi restaurant, everyone passes their hand of cards to the player on the left. This process of picking cards and passing continues until every hand of cards is empty. Everyone counts up the points they've earned, and the process happens twice more, until a victor prevails.

Ticket to Ride

Alan R. Moon



No matter your opinion on the game, Monopoly will inevitably show up to the table when someone plans a family game night. While Monopoly is undeniably an iconic board game, Ticket to Ride has poised itself to overtake Monopoly as the definitive family game where players compete for buying property.

Every game, players start with a handful of ticket that they must complete for points. Each ticket has two US or Canadian cities that must be connected together by your railroad system. These locations are unique to your card, and only you know where you're going. Everyone is working towards their own separate goals, while unintentionally getting in the way of the other players plans.

Codenames

Vlaada Chvátil

Espionage has never involved so few words. In Codenames two teams of spies each compete to identify their corresponding friendly spies. The catch is that only one member of each team knows who's who.

Turns start with the spymaster giving out a one word clue with a number, "Animal-3" for example. That spymaster's teammates then must figure out which 3 cards relate to animal. The tricky part is not choosing cards that may accidently help the opposing team. The First team to identify all of their friendly spies wins.

Carcassonne

Klaus-Jürgen Wrede

Undoubtedly one of my favorite classic board games, Carcassonne task players with assigning workers to complete task across southern France.

Players take turns drawing and laying tiles down to fit onto the current landscape, and assigning Meeples to roads and other structures with the goal of seeing points upon the structures' completion. Be careful to use your Meeples thoughtfully, though, or you may find yourself stuck with an enormous city with no way to finish.

Santorini

Dr. Gordon Hamilton

Built with two player games in mind, Santorini sees each player taking the role over 40 adorable gods trying to be the first to elevate their workers to the top of a completed tower.

Turns are broken up into two phases, move and build. Once a player moves one of their two workers, they then build upward with some of the nicest plastic tower pieces seen in a board game. Reaching the third floor of a building may seem simple, but it has never felt as good as it does in Santorini.

Stuffed Fables

Jerry Hawthorne

Ever since Stranger Things made Dungeons and Dragons cool, more people than ever have been interested in playing through tabletop role playing games. But starting a RPG campaign with no experience can be an incredibly daunting task. A great alternative to pen and paper RPGs are "RPG in a box" style games. These games include a premade story, and everything players need to jump

See BOARD GAMES *page 11*

Reframing Colonialism Conference: Call for Papers

The effects of colonialism continuously shape the way we all live our everyday lives, making it one of the most challenging subjects in academia. Reframing colonialism opens conversations about indigeneity, decolonization, and critiquing colonial frameworks in our disciplines. The University of Alaska, Anchorage English Studies Department welcomes all scholars to help reframe colonialism at the Pacific Rim English Studies Conference on April 20th and 21st 2019.

We welcome paper, panel, poster, and art submission for presentation at the conference. Some potential topics include:

- How are Indigenous communities revitalizing and engaging with decolonization?
- How has colonialism impacted various Indigenous languages around the world?
- In what ways can we see Indigenous cultures responding to the effects of colonialism?
- In what ways can we see connections between religion and colonialism?
- How has colonialism been challenged in literature, writing, rhetoric, linguistics, journalism, language studies, cultural studies, Indigenous studies, history, the arts, theatre and dance?
- How has colonialism affected animal populations around the globe?
- How has colonialism affected the relationship between Indigenous cultures and animals?
- When, where, how has colonialism affected locations?
- How have cultures and/or individuals navigated intersectionality between the dominant western society and an Indigenous one?

The Pacific Rim English Studies Conference welcomes two keynote speakers this year, Dr. Alanna Frost, from the University of Alabama Huntsville and Dr. Beth Leonard from the University of Alaska Anchorage. Both scholars consider languages, cultures, and identities in Canadian and Alaskan contexts. In "Literacy Stewardship: Dakelh Women Composing Culture," Dr. Frost focuses on literacy among Dakelh women in British Columbia, coining the term "literacy steward" to understand their literacy practices. Literacy stewards push back against the dominant literacy practices and support traditional linguistic and cultural practices. As the director and professor of the Alaska Native studies department at UAA, Dr. Leonard's work focuses on literacy practices, education, and the impacts of colonialism in Alaska Native cultures. We look forward to new spaces for future critical conversations about reframing colonialism at the 23rd annual Pacific Rim English Studies Conference.

What types of materials can be submitted?

This year we are opening the theoretical doors and are inviting all humanities and arts disciplines to be a part of the Annual Pacific Rim English Studies Conference. As an English Studies conference we are aware that often our field of study crosses paths with other related fields and feel that it is important to address such crossroads, especially on such a topic as colonialism.

We are currently accepting proposals for:

- Paper Presentations
- Panel Presentations
- Round Table Discussions
- Poster Presentations
- Art Gallery
- Creative Readings

Questions?

For questions and further details regarding the different types of proposals visit the Pacific Rim English Studies Conference at: https://www.uaa.alaska.edu/academics/college-of-arts-and-sciences/departments/english/student-opportunities/pacific-rim-conference

How do I submit a proposal?

To submit a proposal please complete the Pac Rim 2019 google form no later than January 25th 2019: https://goo.gl/forms/LZXsoSbakOA14oUI2

Upon Acceptance

Upon acceptance you will receive an email confirming your participation in the conference. Later, you will receive another email with further details regarding the time and location of your presentation. Any questions or concerns at the time can be addressed to,

uaapacificrim@gmail.com
Aspen Knight
Director, Pacific Rim English Studies Conference

Heather's Top 8 Reasons Why You Should See an Advisor, or "Why Advisors Are the Best!"

1. **They know the system.** Even if you don't think you need an advisor because you can look at Degreeworks yourself, an advisor knows the "ins and outs" of the UA system and can help you make a schedule that is best for you! I speak from recent personal experience; I could not have known how different course numbers (CRNs) counted for toward my degree, so I needed an advisor to help me translate all of the numbers and course descriptions to get to what I really needed.
2. **Advisors have connections.** They know people who know people, so advisors can help you connect with professors and other professionals in whatever subject you may be interested in!
3. **There are different types of advisors for different things.** Here at the Mat-Su College, we have general advisors, career advisors, financial aid advisors, and others! You're guaranteed to get different perspectives and ideas depending on which type you go to. Stop by Student Services for more information!
4. **Advisors can help you brainstorm.** If you're thinking you might want to take a class but you're not sure what you would use it for or if you would enjoy it, your advisors can help you sort out these questions and find a good class to fit your needs
5. **They get to know you.** Especially being on a smaller campus as we are, if you've been here long enough, you're hopefully familiar with many of the advisors on campus. If you make an effort to meet with them regularly as you go through your college career, they know what you've done and what you've enjoyed. This makes them able to help you even more in future classes.
6. **They help you stay on track.** This is probably one of the most helpful things about meeting with an advisor regularly: They keep you from going off your degree track and make sure each class you are taking is going to count for the right credits later.
7. **Advisors are aware of extra-curriculars.** Have you been thinking about an internship or a study-abroad opportunity? Chances are, you're not the only one, and seeing an advisor can help you connect with the right people. (And also, they know which paperwork to fill out, or can point you to someone who will.)
8. **They are a major support.** I'm sure you've grasped the importance of meeting with your advisor regularly through this Top 8, but in the end, it's one of the best things you could do for yourself and your college experience. Advisors are there to support you and *advise* you to be able to have the best college experience you can have!

For more information, and for a list of the advisors on campus, check out:

https://matsu.alaska.edu/offices/student-services/academic-advising

Involvement *continued from page 1*

WHAT WERE YOUR WORST CHRISTMAS PRESENTS?

Here are a few of the replies we received to last issues' installment of READER INVOLVEMENT REQUIRED:

- I once got a cat sweater for a gift. Not a sweater with a cat on it, a sweater for a cat. And I didn't have a cat.
- I was a pre-teen, dying for a princess phone in my room. My dad gave me a charm bracelet with a charm that looked like the phone. He thought it was hilarious. I, not so much. (Most of you probably never heard of a princess line phone.)
- Socks and underwear.
- One Christmas my grandma gave me underwear that was gigantic!
- A bed--I wanted a stereo.
- A vacuum cleaner.
- A puppy. My dad forgot to poke holes in the box.
- A used gift card. Or maybe it was empty.
- Someone once gave me a used beach towel along with some cheap rings from a box of cupcakes. We were ten at the time, but still!
- My mother-in-law bought me a maternity dress shortly after I found out I was expecting her first grandchild. It looked like an enormous, rose-covered tent. I disliked floral prints, especially roses, and was also horrified that she thought I would ever get that big. (I am a small-boned person and was 110 lbs at the time.)

Career Development ProTip: Should you include your headshot in your résumé?

By Adelina Rodríguez

ANSWER: No. Employers spend an average of 6 seconds reviewing your résumé. Instead of focusing on capturing the perfect image, grab their attention by highlighting your qualifications, skills, and knowledge. Run your résumé with a professional to get feedback and make sure it is error free!

For more tips, or assistance with your résumé and cover letter, visit the Career Development office in Student Services, FSM 101. To schedule an appointment call 907-745-9746.

https://flic.kr/p/7dyoEn

How to get a student worker job

By Monitor Staff

Let's be frank: your odds of finding a student worker job are not great. But those odds are zero if you don't even know how to look for one.

Usually, a couple of student worker positions open up each semester. You have two ways of finding out about these positions.

First, watch the many bulletin boards around campus. Student worker positions will usually be advertised through flyers posted to these boards.

Second, get in the habit of checking http://careers.alaska.edu/. This site lists all the jobs available through the University. You don't want to see all of these (although a job on UAF's oceanographic research ship does sound interesting…) Instead, you'll probably want to use the checkboxes on the right side of the screen to limit your options to the "Student Employee" work type and the Palmer location (i.e., at Mat-Su College).

Cram Jam ***continued from page 1***

abundance of snacks and soda, so coffee will also be a great addition. I put on some music on my phone. I continue working on implicit differentiation. I feel like a nerd. I realize I am one, and that I should not be ashamed for being one. Because math is cool, and math is fun. I would honestly drop everything else to do math, because I love it that much. ~~please help call 911~~ I love math and math is cool. I love implicit differentiation too.

12:00 PM. It is around this time the Jam reaches its peak at about thirty students. In addition to Dr. Allen, Dr. Grabarek is also there to help me out with a calculus problem. It's a ladder problem. I am able to ask him directly for help like everyone else is doing with their professors. After his explanation, I understand the problem. And really, it is as simple as that. Cram Jams are events that go on at campus to help students. Sure, the food is incentive, but what better way to make sure you pass a math class than to have professors that you can talk to for help? It's not like office hours, it's a whole six hours dedicated to helping students like me. This isn't just for any specific level of math. This is for classes from

I honestly wish more students knew about this resource.

Pre-Algebra to Calculus III! I honestly wish more students knew about this resource. I am really glad I am here.

1:00 PM. I am still in the cafeteria. I am on my fifth Diet Pepsi. There are still seven left in the 12-pack. I made it about ¾ through the homework I had to do. About one hour until I am done. I turn towards my paper; it's Rolle's Theorem. I shed a tear. I think about getting up for my sixth Diet Pepsi but realize I will only be delaying the inevitable. "Okay, let's do this." I finish the problem. Wait, why did I write that 14+14=26? I look at the time. "I've been here for three hours," I hear myself say. I was there for five. I was starting to feel the fatigue of five hours of Calculus. It was almost time to go, but not before I finish this homework.

2:00 PM. I am in the car on the way home. I accomplished what I had arrived to do. I ate some good food, I hung out with my fellow classmates in the cafeteria, and look forward to the deserved nap when I get back home. All joking aside, I really enjoyed attending the Cram Jam. It was great working on assignments with other MSC students; it was a fantastic experience overall. It was certainly fun, and I look forward to going again on December 8 at 10:00 AM, as opposed to 9:00 :).

HAVE SOME QUESTIONS?
TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/index.cshtm

WRITING TUTORS

Monday & Tuesday 12:00 - 4:00

Wednesday: 9:00 - 3:00

MATH TUTORS

Monday, Tuesday & Thursday: 9:00 - 4:30

Wednesday: 9:00 - 3:00

Friday: 10:00- 2:00

ASL TUTORS

Wednesdays: 3:00 - 5:00

JAPANESE TUTORS

Monday - Tuesday: 5:30 - 6:30 by appt.

Tutors available in JKB 107 from Sept. 10 -Dec 14. Tutoring is reserved for students enrolled in Mat-Su College courses.

Online tutoring options

- **tutor.com Live Homework Help**: the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help in a multitude of subjects. Visit http://lam.alaska.gov/sled/homework to get started.
- **Khan Academy**: Khan Academy has free explanatory videos on math, science, economics, history, and more. http://www.khanacademy.org/
- **Purdue OWL:** Purdue's Online Writing lab has sample papers and handy guides to APA and MLA citation styles. https://owl.english.purdue.edu/owl/

MAT-SU MONITOR STAFF

Editors

Jewel Burgstahler

Sam Ouellette

Feature Writers

Mesa Burgstahler

Heather Deadmond

Jason Dunham

Miles Gibson

Ryan McCrossin

James McIlmail

Brenden Mercier

Shane O'Quinn

Michelle Sharpe

Photographer

Position Available

Contributing Writers

Jenifer Breiner

Adelina Rodriguez

Saysha Santos

Layout Artist / Staff Advisor

Audrey Badger

Faculty Advisor

Micah Muer

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/monitor.*

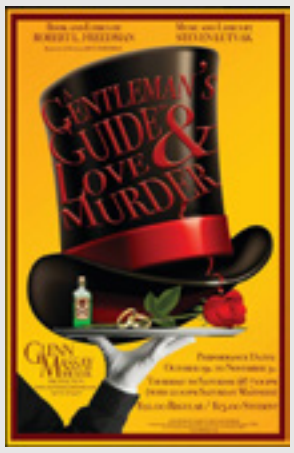
The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

A Gentleman's Guide to Love and Murder

By Shane O'Quinn

The play "A Gentleman's Guide to Love and Murder" is a story about a man named Monty Navarro, and his upward ascension in the D'Ysquith hierarchy. In short, Navarro's mother was a D'Ysquith, but because she married a man the family didn't approve of, she and her family were outed; this barred Monty from any of the D'Ysquith inheritance. Without spoiling much, the narrative details the incredibly intelligent Monty Navarro and his creativity in picking off the D'Ysquith family members. I'm not particularly fond of musicals, usually. However, this rendition of "A Gentleman's Guide to Love and Murder" at the Glenn Massay Theater changed that fact. The entire show I was glued to the stage, captivated. The show was a healthy balance between comical humor and compelling drama. However, I can not point to any single aspect of the show and attribute what



was best about it. The cast delivered an extremely engaging performance, and the supporting crew did an incredible job controlling the stage and changing scenes. The factors that most likely influenced me as part of the audience were the set, sound track, vocals, and acting. Firstly, the set pieces were cleverly constructed in such a way that they offered the suspension of disbelief and clarity, really allowed for a seamless transition between different scenes and environments. Second, the supporting sound track was instrumental (pun intended) in helping to deliver an amazing show; as the vocals picked up, so did the sound track. It should also be noted that the different sound tracks for each of the scenes really aided in setting them apart. And lastly, the acting and vocals were phenomenal. The cast transition from regular dialogue to vocals effortlessly, it seemed. I loved hearing each character's unique accents and seeing their personalities come to fruition. In short, it would be a mistake to miss out on future shows put on at the theater; you may be pleasantly surprised at what you find.

Refill your espresso - not your buckets
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FACEBOOK.COM/MTASOLUTIONSAK MTASOLUTIONS.COM

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley.

We also have low rates:

Ad Size	Cost
3" by 3"	$75
5" by 5"	$125
7" by 7"	$175
Full page	$300
Full page, back	$375

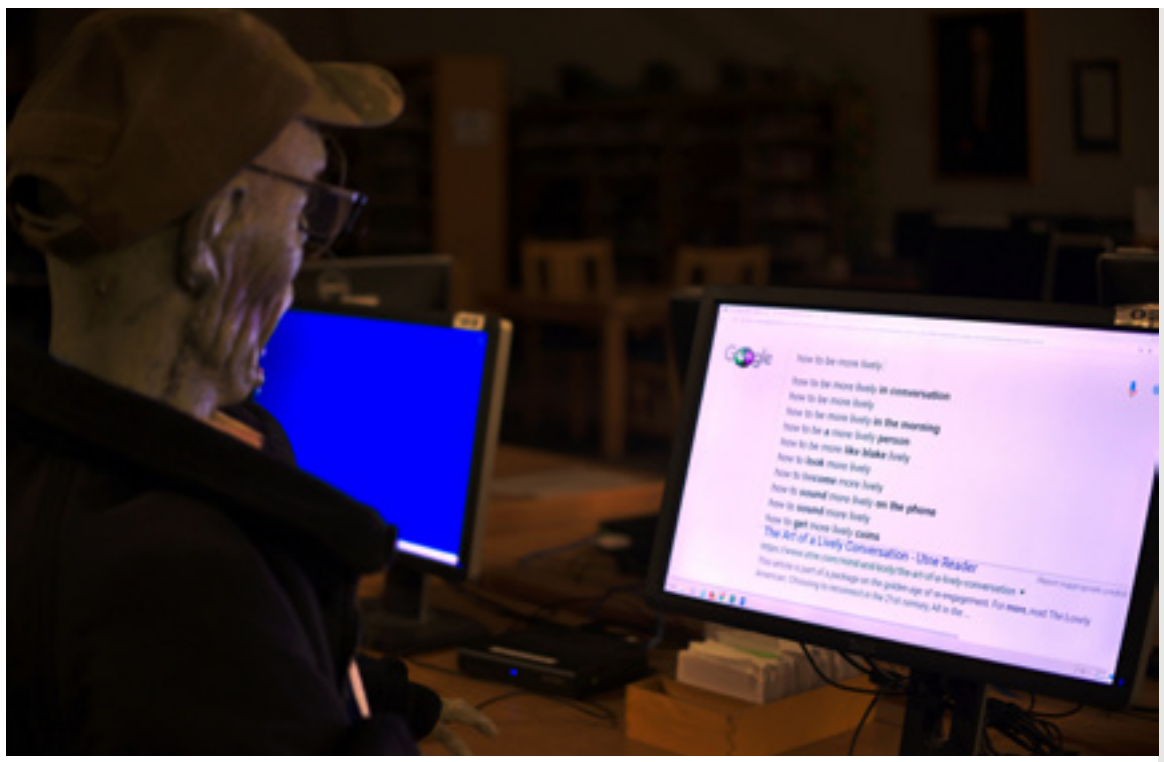
Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call **745-9758.**

Alaska Teacher Placement
University of Alaska Fairbanks

Alaska Teacher Placement
is sponsoring an
Advertisement Contest!

OPEN to all UA Students

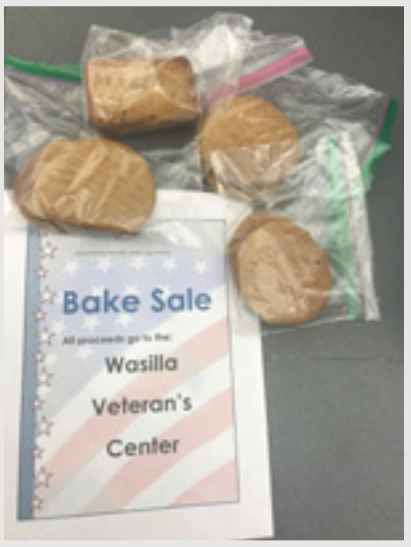
UAF is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination/.



HALLOWEEN FUN AT MAT-SU

Math Department Fundraiser

This just in – the Math Department's snack sale raised $201.35 in support of the Wasilla Vet Center. The Math Department has organized similar snack sales for many semesters running. With help from many hungry and generous students, the Math Department has no doubt raised a great deal of money over the last several years!



Get Thy Mind out of into the Gutter!

Jewel Burgstahler

If you've never noticed all of the dirty jokes in Shakespeare's plays–or, heaven forbid, never even read a Shakespeare play–then you're really missing out (assuming your mind also has a summer cabin in "that's what she said" country). But you're in luck! I'm happy to tell you about some of them. There is a catch, though… I'll give you the play, the act, and the scene, and you have to go find each innuendo yourself. Look at it as an opportunity to challenge and/or prove yourself–are you as clever as you think you are? (Plus, some of them are kind of explicit to directly publish here…)

Titus Andronicus
Act 4, Scene 2

Henry V
Act 2, Scene 1

Much Ado About Nothing
Act 5, Scene 2

Romeo and Juliet
Act 1, Scene 3

Twelfth Night
Act 1, Scene 3

Twelfth Night
Act 2, Scene 5

Hamlet
Act 2, Scene 2

Hamlet
Act 3, Scene 2

A Midsummer Night's Dream
Act 5, Scene 1

The Taming of the Shrew
Act 2, Scene 1

Othello
Act 1, Scene 1

Antony and Cleopatra
Act 1, Scene 2

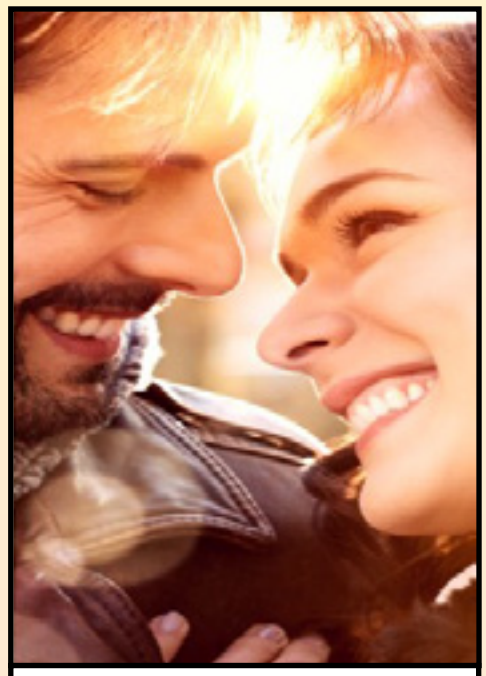
SEX QUIZ

1. T/F: Human Papilloma Virus (HPV) is so common that nearly all sexually-active men and women get it at some point in their lives.[1]
2. T/F: The younger a person is when they start having sex, the greater the chance of getting an STD.[2]
3. T/F: You can get an STD if you have oral sex.[3]
4. ____ out of ____ teens who have had sex wish they had waited.[4]
   - A. 1 out of 4
   - B. 2 out of 3
   - C. 1 out of 3
   - D. 1 out of 2
5. Approximately ____ million people nationwide are infected with HPV.[5]
   - A. 11
   - B. 20
   - C. 9
   - D. 15
6. Each year about ____ women get cervical cancer in the U.S. Almost ALL of these cancers are HPV-associated.[6]
   - A. 1,000
   - B. 5,000
   - C. 12,000
   - D. 9,000

Answers: 1.True 2.True 3.True 4.B 5.B 6.C

[1,5,6] Centers for Disease Control, updated March 2013, http://www.cdc.gov/std/hpv/stdfact-hpv.htm|[2]Children's Hospital Boston. Accessed 8/14/09.|[3]Centers for Disease Control. December 2007.| The National Campaign to Prevent Teen Pregnancy.2007.

HeartReach Center
HOPE • LIFE • VALUE



Think you're pregnant?
Need help?
Call 1-800-712-HELP or
907-373-3456

Had an abortion? Need to talk?
907-373-3456
www.heartreachalaska.com

Want to talk about Sexual Health?
Contact us at: 907-373-3456
www.heartreachalaska.com

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!
Meetings: Mondays and Thursdays, 12:00 to 12:50, in OLB 214 (upstairs in library).

Drunkelele to Drunkmas: Coming Home for the Holidays, Bremerscum Style

By Miles Gibson

Local Spenard favorites Sasshole and Dante Manalo are ending their upcoming tour in Alaska. Across the state at various bars and house shows, Sasshole and Dante are bringing some much needed musical light to the darkest days of winter, culminating in Drunkmas 3, December 21st, in Fairbanks Alaska. Bringing a little bit of honkypunk and roots music to cosmically funky space jams, and a bit of everything in-between, while still resounding Alaskan in spirit and tone.

Playing at Van's dive bar, Ferry Alaska, and other stops along the way, Dante and Sasshole are bringing All Funk and Punk to the holiday season. If you're not 21, check out AK house shows on Face book to check out where they will be playing in Wasilla and Palmer.

Sasshole, aka Nessa, is a born and bred Alaska and a regular face at the many music festivals of the Alaskan summer. This will be her third annual Drunkmas, the Brain child of Nessa and unofficial "anti-Christmas" Christmas. It's a simple idea that has turned into something bigger– this year 6 bands, with likely some special guests.

Dante is a man of a thousand bands; if you've been to a summer concert, it's likely that you heard him and didn't even realize. He's played with Anchorage bands such as Saucy Yoda and Wrick Luv, weaving magic behind the scenes. This is his first time back for a winter, and it will for many be a chance to see him on the forefront. "Looking forward to chewing gum and kicking ass," Dante joked. "Good thing we are bringing tons of gum."

Sasshole (Nessa) and Dante Manalo

While they will be playing several shows in and around the Valley, including some local house shows, for me it is about Drunkmas 3: the Drunkstice Dec 21st, at the Blue Marlin in Fairbanks, Alaska. Part variety show, part holiday concert. Yes, please. With more bands than ever before, this Drunkmas will be the best one yet.

What makes Drunkmas such a good show is that you feel like part of the band that night. It's a show "that is for the people playing, and it's like our Christmas party," Nessa explained. And it really is–a show organized by bands across the state and now even the country. It's the office party for the local musicians that scatter to the wind after the snow flies. The energy on stage is reminiscent of old timey Christmas specials. Instead of slick suits and martinis, you get Carhartt's and beers. "It's like a Christmas for the strays that got nowhere to go, and just rage a bit," Nessa said.

That totally nails it, too. With all the extra stimulus of the holidays (add to that finals, nightmare airports, and insane shopping), we can all benefit from blowing a little bit of steam off. You can tell that the musicians are doing just that, carrying on with the crowd like they are old friends, and in a way, they are. If this is a band office party, then the bands are management and the crowd is the little guy working in the mail room, or answering phones. "It really is a lot about support; without support, we can't do our art," expressed Dante.

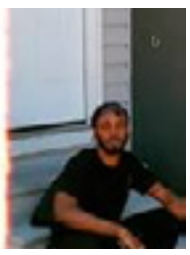
So, this holiday season get out there and support each other, or support Dante and Sasshole, or rage out and drink beer, all of which are equally acceptable to Sasshole and Dante. "Just make sure you bring plenty of gum so you don't have to kick any ass," suggests Dante.

8 Influential and Important Albums of 2018 (get it because 8)

By Ryan Johnathan McCrossin

2018 is coming (awfully close) to an end. Music this year has been great, one of the better years in the decade, in my opinion. As it does, every music list is coming out with the top albums of the year! So, like the sheeple that I am, I will follow suit. But because music is subjective, and not every album I list is going to be critically acclaimed by all who read this, I want to talk about ten albums that not only did I personally love, but albums that made an impact, for better or worse, in 2018. There were ups, and there were downs. There were even some "kamikaze"s. So this is my list of 8 albums of note in this year.

Note: This list cuts off on October 31, 2018 due to the newspaper being released before year-end. So, when the inevitable LITERAL BEST ALBUM OF 2018 comes out the day after the due date for this article, just know that I held off for as long as I could! :)



JPEGMAFIA - Veteran {January 19} [Hip-Hop/Rap]

2018 was a great year for hip-hop and rap. Honestly, many forget that there were other releases in different genres. But with this album coming out so early and setting a precedent, no wonder music people like me think this. JPEGMAFIA's sophomore release after his debut "Black Ben Carson" continued his themes of anti-police brutality, anti-hate, and pro-bangers. Almost all of these songs have amazing performances behind them; Peggy's usage of samples from video games add a personal layer behind his music, and songs like "1539 N Calvert" will hype anybody up. This album also contains songs of a sardonic nature with "Libtard Anthem" and "I Cannot F***ing Wait Until Morrissey Dies." I am really excited for his next release.

Car Seat Headrest - Twin Fantasy (Face to Face) {February 16} [Bedroom Pop]

Let me preface this by saying I know that Twin Fantasy was originally released in 2011. However, the reason it is on this list is because it is more than just a reissue. Even Will Toledo of Car Seat Headrest knew he was going to rework this album. He felt at the time of release of his original 2011 work that it was limited. After all, his (at the time) solo project was named after what he looked at while he worked on his first 6 LPs. The entire reworking of his songs with more refined instrumentals while keeping the self-awareness with his lyricism makes this a whole other animal. Twin Fantasy is not just a reissue. And it's one of the best non-reissues of the year, showing others that you can gain success from the backseat.

Death Grips - Year of the Snitch {June 22} [Experimental Hip-Hop]

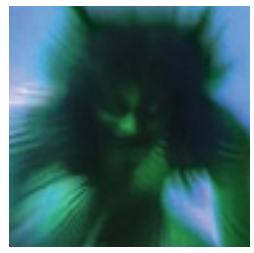
STOP ROLLING YOUR EYES AT ME. Death Grips is a meme, yes, I am aware. But they are great. I would argue that Death Grips is one of the most influential bands of the decade. I was originally going to put "Government Plates" on my Halloween list last issue, but decided against it to get a general feel to my list and just say obscure albums. I haven't gotten any death threats, so I shall now tell you why "Year of the Snitch" is great. Andy Morin's electronic workings, Zach Hill's erratic percussion, and Stefan Burnett (MC Ride)'s abrasive vocals join together to create amazing album after amazing album. "Black Paint," "Disappointed," "Linda's In Custody"--you name it, the song's good. Except "Little Richard." "Little Richard" is the only bad song. If anyone from Death Grips Snitchposting is reading this, anyone who disagrees with me that that song is the worst in their discography is objectively wrong. We're not just talking opinion, your opinion is actually wrong.

Blood Orange - Negro Swan {August 24} [R&B]

I almost don't want to talk about Devonté Hynes' latest LP. It's an experience. It's like telling you the middle of a story. So, here is what I will tell you. It is a fantastic album and is one of the best releases of the year. "Jewelry" was my introduction to the artist, and it has led me down a great path. The album is 49:27 and should be listened to actively. This is not an album to digest in the background; your mind should wander while this is playing and nothing else in the world would mind if it didn't matter for an hour. Enjoy.

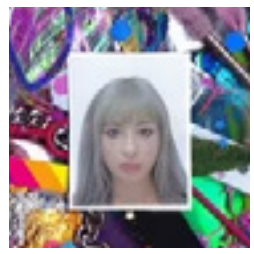
Eminem - Kamikaze {August 31} [Rap]

It is at this point where the list goes from greatest of 2018 to where it becomes about importance of albums. This is also where I get the hate mail, but here goes. Music as a medium to spread a message is powerful. With this in mind, Eminem's Kamikaze has proven to be, while at the very least better than Recovery (which is not saying a whole lot), a poor reflection of Marshall Mathers' character. People are ragging on him not because of his talent, but because he decided to use this medium to call out modern rappers for being "bad." This is the epitome of "Look at me, I can do a rap better than other people." This is real life, not Scary Movie 3. But I mean, how can you hate him with classic lines such as "Tyler [the Creator] create nothing, I see why you called yourself a f****t, bitch. It's not just 'cause you lack attention. It's 'cause you worship D12's b***s, you're sac-rilegious." "Fall," which is where this song came from and had a music video, essentially nosedived Eminem's credibility as a rapper because he has shown that he will throw a tantrum over any criticism he gets over his albums. People praise this album because he is "telling it like it is," but realistically this song and this album are less like roasting other rappers, and more like telling your girlfriend horribly mean things about her because you are upset with her. But like he said, he's "going for the jugular." Ironically, he kamikazed so hard, I actually forgot this album existed until today, so there's that. Music can be powerful, but that can be turned against you very easily. And that is important.



Yves Tumor - Safe in the Hands of Love {September 5} [Experimental]

If I can go two minutes without making a tumor joke, you can too. Yves Tumor is an enigma. I can't even describe the album. The songs piece together as if all the puzzle pieces were different colors from one another but still make a nice picture. His singles "Noid" and "Licking an Orchid" give kind of an idea. But while they both are top-tier tracks, nothing prepared me for the godsend known as "Faith in Nothing Except in Salvation." This is one of the top 10 opening songs for this year. I am putting my money on that. The only thing that kills me is that it's only 1:33 and the rest of the album has a different vibe from the opener. It physically hurts me. I love that song. I cannot recommend the record enough. If this was a top 10 list for AOTY, "Safe in the Hands of Love" would be on there hands down.



Kero Kero Bonito - Time 'n' Place {October 1} [Pop (kind of, maybe, you know what, I'll just say pop)]

Fans of Kero Kero Bonito were pleasantly surprised with the announcement that they not only have been signed to Polyvinyl Records, but they have a second album in the works. "Time 'n' Place" is a slight departure from their predominantly upbeat debut "Bonito Generation" touching on more dark topics such as anxiety, death of a loved one, not knowing what life has for you in the future, and many off-putting themes.

Okay, I know the "dark topics" may not seem like much, but there is a more personalized feel to Sarah Bonito's vocals and Gus Lobban & James Bulled's instrumentals on this album. Let me also say that this is a very drastic change from the same band that wrote songs such as "Flamingo," which is about turning pink from eating too much shrimp and "Break," which is about taking time out of your day to relax. There is a more imminent sense of self-reflection; not everything is great, but you should still be optimistic in life and realize while sometimes life won't go your way, it will one day.

Machine Girl - The Ugly Art {October 12} [Experimental + Hardcore]

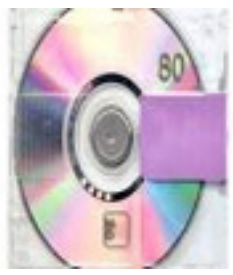
NO MORE MUSHY STUFF! WE'RE GOING ALL CAPS FOR THIS BECAUSE THIS IS MACHINE GIRL, BABY! AW YEAH!

Machine Girl is honestly one of the best underground acts of this decade. WLFGRL is one of my favorite albums of all time, so when he announced the album literally twelve hours before the release, I went to sleep ready to buy my first cassette tape from him, maybe even get the limited edition. Listening to fantastic songs like "A Song Called Clive Barker," "Necro Culture Vulture," and "Decent Man" would be great to have on a physical copy. But turns out it wasn't limited like his previous releases. I'm fine. No really, I am fine. I AM FINE. BECAUSE THAT MEANS YOU, YES YOU READING THIS, CAN ALSO OWN THIS TAPE AS WELL. AWESOME. YEAH! GREAT! GET THE ALBUM!

BONUS: 5 Dis/Honorable Mentions

These are releases for one reason or another didn't make their way on the main list, whether it be because it is a reissue (like an actual reissue not like Twin Fantasy above), I spoke about it already, or whatever. But I still want to touch briefly on these albums here.

Kanye West - Yandhi {November 23 (provided it ever comes out)} [Hip-Hop/Rap]



chocolate bar
One day, Kanye will release an empty cd album and tell his fans to imagine the music
they'll be like "I hear it"
This really wouldn't surprise anyone
Explore
Kim Kardashian West
Nov 23 Black Friday YANDHI
TRUST ME it is worth the wait

See **ALBUMS** *page 8*

Comedian visits campus

On October 25, performer Clayton Raithel came to the Glenn Massay Theater to do a one-man show called SMILE. SMILE is Raithel's frank account of his own experience with severe depression and his gradual recovery. This makes the show sound like a real downer. It wasn't. Raithel is actually an accomplished comedian, and humor -- adult humor at that -- was the foundation of his show. After a good hour of laughs, Raithel fielded questions from the audience, many of whom said that they could relate to what Mr. Raithel had experienced. Others said they gained a new understanding of depression.

Start your Journey!

Welcome to your Mat-Su College educational journey. There are many rewarding experiences along the path to your ultimate goal; however, there are tests along the way (and not just the ones you take in class).

Mat-Su College is sponsoring a series of activities for students, staff, and faculty this semester to help you cope with stress, rise to challenges, and stay healthy as you make your way through this exciting, and often hectic time in your life.

Start Your Journey!

It's easy to win: attend events, collect stamps, and then drop by the Academic Affairs Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

By joining your MSC community at Journey events this semester, you can follow Sophia, our Arctic Dragon Mascot, on the four paths for health and well-being:

- Awareness of good mental health for yourself and others
- Balance between school, work, family, and self-care
- Connection to campus, community, friends, and family
- Off the Beaten Path invites you to expand your horizons

All Journey events are free. Just look for the Mat-Su College Arctic Dragon stamp of approval! Some events require pre-registration, so be sure to check the event before attending.

Mat-Su College Journey activities and behavioral care services are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

Bring your Passport to JKB 133 when you have collected:

3 stamps: Get a choice of Frisbee, pedometer, or USB charger (while supplies last)

5 stamps: Get a $10 MSC Break Time Café gift card.

6 stamps: Get a $20 MSC Campus Cache gift card.

7-10 stamps: Enter the drawing to win Journey spirit-wear or a $50 Campus Cache gift card.

Come back after reaching each level for your next prize!

Deadline to enter drawings: May 3, 2018.

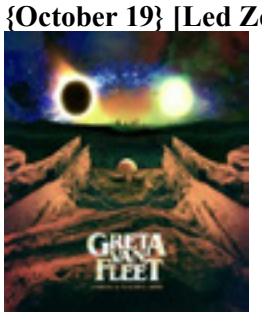
Winona Benson of Nourished Health Coaching Services once again led one of her popular Farm to Table Journey events. At the September 28 workshop, students learned to make healthy, homemade macaroni and cheese. Many enthusiastic students showed up -- even though it was a Friday morning.

Albums *continued from page 7*

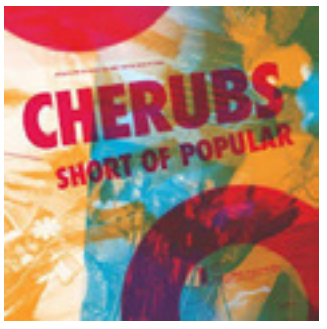
Nine Inch Nails - Bad Witch {June 22} [Industrial]

I discussed this album in the prior issue of the Monitor *which you should read cough cough*. But this album was definitely one of my favorites for the year and fans of NIN's old stuff should definitely give this a listen.

Greta Van Fleet - Anthem of the Peaceful Army {October 19} [Led Zeppelin]



Led Zeppelin. Okay, if you have heard about Greta Van Fleet, you have probably been bombarded with comments saying "The singer sounds like Robert Plant." At least it's not "I was born in the wrong generation." But if you like Led Zeppelin, I do still recommend you check them out. Just be wary of the negative reviews: sounding like someone else does not necessarily mean bad.

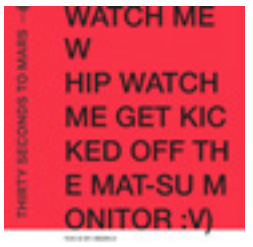


Cherubs - Short of Popular {October} [Noise Rock]

"Carjack Fairy" is one of their best songs. Also, their cover of Blondie's "Dreaming" is one of the best cover songs ever. In addition, their outtake of their song "The Big Groovy" on this album titled "Zip-Up Boots" is a fantastic reworking. This is the Pisces Iscariot of Noise Rock. But where is Chrome Can? Where are the three minutes of outro where it connects to the intro "Pixie Stix?" #bringbackchromecanandendofbacon-fat. Fight me.

Thirty Seconds to Mars - America {April 6} [Art Pop]

I only put this here for an excuse to have funny maymays.



Is Shakespeare Still Relevant?

By Michelle Sharpe

As an English student, on of the required courses that I have to take in order to graduate is Shakespeare. While taking this class, I've been asked, "What's so important about Shakespeare?" So, by asking a few people, both English and non-English majors alike, I thought that I'd try to find the answer to some questions; why is Shakespeare important, and is he still relevant?

When asked how many Shakespeare plays each person had read, everyone had read at least one, with the exception of Professor Sharon Emmerichs, who has been teaching Shakespeare for over 4 years and has studied his writing for 30 years.

While everyone that I spoke to was familiar with Shakespeare to some extent and had all studied him in school, opinion of the Bard seemed mixed. One woman claimed that she thought that he was hard to understand, while another person stated that he thought that Shakespeare was, "Highly overrated" and went onto say that he thought that the plays that he read were, "boring as hell".

But surely English students would have a warmer opinion of Shakespeare right? Surprisingly, the few English students that I spoke to seemed to have lukewarm opinions themselves about how relevant Shakespeare actually is. Both Professor Emmerichs and two other students brought up the problematic fact that Shakespeare plays became popular again as a result of rich upper-class men stating that Shakespeare needed to be studied. Professor Emmerichs herself stated that Shakespeare might have continued to be taught throughout the ages as a result of "institutionalized racism".

It seemed to be a common complaint about Shakespeare that his work is taught in school as a result of outdated elitist ideals. One person even went onto speculate, "Somewhere, somebody decided that 'we are going to make money off of Shakespeare's work.' A better question is why someone would take a class on him?"

So far, Shakespeare appeared to not be in the public's best graces. But when asked about why students should learn about Shakespeare, there was a change in tune for the majority of the answers. One woman said that, "Shakespeare had an impact on our language. And it's cool to see movies and stories today use elements that started out in Shakespeare plays." Another girl replied that Shakespeare "Is a huge part of literature and history," and went onto state that Shakespeare contributed hundreds of words to the English language.

Professor Emmerichs stated that, in addition to knowing how to tell a good story, and that Shakespeare, "does things with language that no one else has ever done," it is beneficial for students to learn about him because English students "Can learn a lot about themselves and where they come from. If they speak English, they can get a glimpse of the culture where we come from and see the origins of a lot of ideas." Most of all, she claimed that Shakespeare teaches students to be brave in storytelling and to not always follow the rules.

My final question for every person that I spoke to was to state their favorite word that was coined by Shakespeare. Unfortunately, only Professor Emmerichs came equipped with her favorite Shakespearean words, which included: "Anchovy, puking, and embarrass."

Is Shakespeare still relevant? To an extent, yes, but most seem to agree that the education system should expand the focus of 16th century literature to more than just Shakespeare. However, Shakespeare is still important due to his contributions to the English language and his influence on future storytellers that expands to writers and filmmakers today.

Christmas in Hawaii

By: Saysha Santos

A Christmas in Hawaii isn't probably what you would expect. When you close your eyes and think of the cheerful season in Hawaii, you probably see blue skies, warm sun, and pristine beautiful blue waters. Spoiler Alert: It's not like that at all! During the winter season we have what I like to call liquid snow, also known as rain. Lots and lots of rain! The temperature drops to about 78 degrees Fahrenheit–that might not be cold to those who are living in a place where it gets to below zero sometimes, but here on the island that's cold enough. You will see locals wearing sweaters, sweats, and lots people wearing slippers (flip-flops) with socks.

Santa & Mrs. Claus in the Honolulu City Lights Parade

There is a never ending covering of beautiful gray clouds that bring that lovely liquid snow we love so much. According to The US Climate Data, during the month of December, Hawaii receives about 3.23 inches of rain. You might think, "what! That's all!" HAHA– for an average of 15 days straight. Yeah, I bet you thought that wasn't a lot, so you started to plan your vacation right then and there–well, the joke's on you. Try living in Kaneohe, where, according to Current Results: Weather and Science facts, we get the highest amount of rainfall, which is 6.3 inches. Thank you, lovely Ko'olau Mountain range, for squeezing the juices out of those clouds.

Despite the "cold" weather, the liquid snow, and the winds that really make going to the beach out of the question, we have the Honolulu City Lights, from December 1 - January 1, 8am - 11pm. A place with more Christmas light than you could ever imagine. If you have ever seen the 2006 Deck the Halls Movie where he lights his house so bright that you could see it from space, well that's the Honolulu City Lights. Opening night is the baddest night out of it all, I mean it's to kick the whole thing off so it has to start with a bang. I think going to the City Lights is a Hawaii family tradition, especially if you have kids or nieces and nephews. The first night is jam packed, and starting at 4pm, the Keki get to right ponies, play games, and win souvenir prizes.

Then at 6pm we have the tree lighting ceremony; this is where you should picture the Grinch movie, where all of Whoville gather around and watch their giant tree being lit. This isn't as exciting as the Electric Light Parade, which is the main event of the whole evening. You have businesses, schools, non-profit organizations, clubs, hospitals, etc. from around the whole island in this parade. There are school bands marching, dancers dancing, and everyone is having a jolly good time. Candy is thrown to people sitting and standing along the street. It gets so crowded there that you have to come an hour or two before the parade starts to save a good spot for the family to get a front row seat to it all.

Hawaii tree lighting ceremony

Don't come to Hawaii during the winter if you're looking to get away from the rain, the clouds, and the wind. Come for the City Lights because the locals have been waiting all year for this event, and we will be waiting a whole 'nother year for it to happen again. It's one of the many events that screams island love, as the parade is our way of showing the love–the Aloha–we have for our communities. Any other day wouldn't matter but at 6pm on December 1, you best believe people will represent their zip codes and their schools.

Alternative Holidays

By Miles Gibson

Well, the holiday season is upon us once again. For students this means cramped over-crowded travel and wrapping up the fall semester. Sometimes there just isn't enough time to truly get in the season. Well, good thing ol' Ripkin has some fun and cheap alternatives for you this holiday season.

Is Christmas just making you feel crappy? Well, remember that it can always get worse. This Christmas, instead of snuggling up with loved ones early and watching a timeless classic like "A Christmas Story" or "Home Alone", why not pour yourself a stiff drink and flip on L.A. Confidential. This year will mark the 67th anniversary of L.A.'s Bloody Christmas. For those readers that don't know, Bloody Christmas was the name given to the wrongful arrest and savage beating of 7 civilians at a police party, of which all but 2 were minorities, and all from economically challenged neighborhoods. Oh yeah, there was also a cover up that wasn't investigated until after much lobbying by the Mexican community of L.A., which eventually lead to the indictment of over 50 officers, though only one received jail time. With still a disproportionate amount of police violence towards minorities today, it seems the more Christmas changes, the more it stays the same.

Maybe something non-denominational is more your fancy. Got a beef with someone? Has it been festering all year? A "Festivus for the Rest of Us" might be right up your alley. Decorations include a pole -- that's it, a pole. Traditions include the Feast of Festivus, wherein which the airing of grievances takes place. This is the chance for everyone at the table to tell each other how they disappointed each other throughout the year. After the grievances are aired, the feats of strengths commence. This is where the head of the house of the feast wrestles challengers until pinned on the back. This allows the

See **HOLIDAYS** *page 11*

Thou Beslubbering, Tickle-Brained Foot-Licker!

Shakespearean Insults That Will Cut Deep but Also Be Fun to Say

By Jewel Burgstahler

Shakespeare was pretty much the OR (Original Roaster).

Not only can you use these lists to creatively insult someone, but you can also leave them scratching their head. Plus, since they were inspired by Shakespeare (arguably the greatest English writer and dramatist in history), using these insults is a great way to prove your intelligence and academic prowess! Simply choose one word from Column A, then one from Column B, and attach them both to a term from Column C. If you'd like to sound even more authentic, try beginning with "thou," as in, "Thou mewling, rump-fed wagtail!"

A	B	C
Craven	Beef-witted	Barnacle
Dankish	Bunch-backed	Bull's pizzle
Fobbing	Cream-faced	Fool
Gleeking	Elf-skinned	Giglet
Gorbellied	Hedge-born	Guts
Mammering	Knotty-pated	Hugger-mugger
Pribbling	Lily-liver'd	Loon
Roguish	Motley-minded	Maggot-pie
Tottering	Pigeon liver'd	Pigeon-egg
Villainous	Three-inch	Stockfish

Plus a few bonus pre-made insults:

. Thou trunk of humans!

. Thou huge bombard of sack!

. Thou swollen parcel of dropsies!

. Thou bolting-hutch of beastliness!

. Thou stuffed cloak bag of guts!

. Thou obscene greasy tallow-catch!

Adapted from MIT's Shakespeare Insult Kit

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, e-mail it to sophia@matsu.alaska.edu or submit it in the Ask Sophia box in the cafe.

Dear Sophia, I got free birthday coffee today but the wind blew it over and all over my white pants, and now I have no coffee! :(

Oh the horror! (And I say that earnestly!) I am so sorry that your coffee spilled, but look at it this way: at least you didn't ruin a good pair of pants *and* waste five dollars!

Dear Sophia, please reopen the cafe!! Please!

Well hello, Desperate! :D. The last news I heard about the cafe was that all of you hungry college students are in luck! Rumor has it that the cafe is set to open "Monday," so I am hopeful that by the time that you see this reply you will have a comfortably full stomach from your delicious and reasonably priced cafe fare.

Dear Sophia, I need a job to get experience but everywhere I apply requires experience already. Why??

Ahh, what a good question! I can't give you a definitive answer, but I do have a few tips. First, think about what you've been involved with that gave you useful experience, even if it wasn't actually a "real" job. For example, have you baby-sat for neighbors or family friends? Have you volunteered at a nursing home or a soup kitchen? Positions you've held in a club or on a sports team may have given you valuable leadership or organizational skills. I'm not encouraging you to lie, but don't hesitate to talk yourself up! Second, keep applying, even if you don't have the exact qualifications that the employer is looking for. It never hurts to try, especially if you show a willingness to learn and become a valuable employee.

Dear Sophia, if a zombie bit a vampire would the vampire turn into a zombie or the zombie into a vampire?

Well, first of all, I hope that you are using the same amount of mental energy on your classwork as you are on essential monster questions, and secondly, what happened to you this Halloween!? I hope that if you or a loved one was involved in this violent assault, you can find the correct monster health professional to help you through the trying times ahead.

Dear Sophia, I wish someone can wash the microwave plate so it looks cleaner.

You are going to hate this response but I think you are the perfect person for the job! You aren't the only one that is grossed out by that horrific microwave, but no one else has the guts to anything about it. Just think, you'll be a hero! They might even frame a picture of you over the newly cleaned appliance and label it "student of the week!" No, but seriously, It is the students microwave so therefore it is the students responsibility to clean it. I guess we will have to wait until someone gains the courage to clean the thing or clean it ourselves. I just hope that someone does so before the powers that be decide that there should no longer be a microwave at all!

Answers to "Who Said It" crossword puzzle

(printed in previous issue):

By Jewel Burgstahler

ACROSS:

6. Malvolio (*Twelfth Night* - Act 2, Scene 5)
8. Morocco (*The Merchant of Venice* - Act 2, Scene 7)
9. Jaques (*As You Like It* - Act 2, Scene 7)
10. Claudio (*Measure for Measure* - (Act 3, Scene 1)
12. Juliet (*Romeo and Juliet* - Act 2, Scene 2)
13. Cassius (*Julius Caesar* - Act 1, Scene 2)

DOWN:

1. Othello (*Othello* - Act 1, Scene 3)
2. Shylock (*The Merchant of Venice* - Act 3, Scene 1)
3. Richard III (*Richard III* - Act 5, Scene 4)
4. Hamlet (*Hamlet* - Act 3, Scene 1)
5. Escalus (*Measure for Measure* - Act 2, Scene 1)
7. Polonius (*Hamlet* - Act 1, Scene 3)
11. Puck (*A Midsummer Night's Dream* - Act 3, Scene 2)

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

					1			
	4			2			5	
	5			4				
		5	7			6		
6				3			8	
					2			
			5			4		
		8			9			3
4							7	

A Twelfth Night Cryptogram

By Jenifer Breiner

Here is a passage from Shakespeare's *Twelfth Night* cleverly converted into code for puzzlers all.

Here's how it works: A R C T I C D R A G O N

is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

XLYN VHN JLHE WHNVC, XLYN VQIDNFN WHNVCENXX, VEB

XLYN IVFN WHNVCENXX CIHGXC GRLE CINY

Hint: F = V

Opioid Abuse *continued from page 1*

draconian tactics reminiscent of the Just Say No campaign that promoted total abstinence. I was surprised to hear of a holistic approach to substance abuse, where all viable options are on the table.

I was surprised to hear that most of the battle starts at a grass roots community level. While drug abuse can negatively affect one's life, abstinence is not the only goal of the Opioid Task Force. Harm reduction is a high priority. Harm reduction includes preventing as much damage as possible to users, and giving the education to those who are not ready to recover, so that they can make an informed decision of what they put into their bodies.

All of this starts at the local level and involves open communication about the problem. This includes looking into programs that have already worked such as drug testing strips given away at dirty needle exchanges or probing deeper into overdose deaths. This helps health officials track current drug trends and pass legislation before a substance becomes a disaster.

This is where the Task Force shines. Open and honest dialogue and communication is key. Recently, Andy Jones, director of the Office of Substance Misuse and Addiction Prevention, spoke to this fact while creating an action plan for the state of Alaska. He visited 16 Alaskan communities and conducted training as well as community cafe events to inform and educate how to fight the opioid epidemic. Coming up with viable solutions and customized plans on a community basis is essential to solving this problem. As Alaska is a wild and diverse state, the same plan for Anchorage may not work for a smaller town such as Nome. Jones stressed that input from the community is essential to this process.

Other speakers included William Trawick and Terrie Schmik of the Neonatal Abstinence, Evaluation, Support, and Treatment (NEST) program in Anchorage that provides services for babies born with substance dependencies. Offering four rooms for inpatient care, this is a program to help mothers, mostly, deal with having a child that they were not necessarily ready for or equipped take care of.

"It is not touchy-feely, but when blood parents take an active part in their child's healthcare, they always do better. It is science," said Trawick.

It may not seem like this affects you, but 20 million dollars in legislative funds have been set aside to support services such as peer recovery and treatment, workforce development, and training for first responders. This is an issue that touches lives no matter what side of the problem you are on.

One of our very own Mat-Su Dragons has struggled in her life but continues to rise above. As a youth leader and recovery specialist, Brandi Kinney not only shares her experiences, but offers training in the use of Narcan nasal spray that can prevent opioid overdoses. Narcan was estimated to save about 209 lives from Opioid abuse last year just in Alaska. Narcan is so important that, recently, the United States Surgeon General promoted its use in the first public health announcement by a Surgeon General in 15 years. The last such announcement was made to tell us that drinking while pregnant is bad.

The Narcan training takes less than 30 minutes and can possibly save a life. Kinney encourages everyone to be trained and can be reached at (907)-775-9715 if you are interested about knowing how to be trained. Those wishing to know more about the Matsu Opioid Task force are welcome to call 982-HOPE, 815-SAVE or 355-8800. If that is too old school for you, check out http://matsuopioidtaskforce.com/.

Holidays *continued from page 9*

holiday to be never-ending (depending on the strength of the host). It was invented by Dan O'Keefe and made famous by the "Seinfeld" episode "the Strike". Festivus is good, clean wrestling fun, Brother.

Maybe neither of these catch your interest. Then this year maybe try Krampusnacht, or Krampus Night. Krampus, being the pragmatic alternative to jolly old St. Nick, instead of rewarding children no matter what, Krampus carries a birch switch to beat spoiled and unruly children into submission before scooping them up in his sack to give their parents a permanent li'l break. Krampusnacht, traditionally Dec 5th, is a day where people dress as this cloaked, hooved beast man, and travel door to door much like carolers. But instead of having to sing to strangers, strangers offer you schnapps to ensure that you don't take their children away. It's like trick or treating for adults, but instead of candy you can legally commit kidnapping* or get a shot. Win-win.

If you're like me, this is a time of year to remember your roots, and nothing says strictly roots like Vetrnaetr, or Winternights. This is the Vikings celebration of many gods at once or long winter nights. It can be hard impressing a ton of gods at once, especially in the dark, so for the Vikings this meant a ton of blood sacrifices, which included goats, pigs and horses. The community would get involved** and decorate their bodies and clothes with the blood of the sacrificial animals and precede to drink and fornicate for days on end around the solstice. This has always been a tradition near and dear to me. There is nothing like spending the darkest day of the year getting a little murdery and cutting loose, having a drink or two with 500 of your closest friends.

So, if you're sick of the same old same old, then I encourage you to check out any of these rich traditions or observances of disgrace. Cheers and happy something something.

* Check out drunk mass if you like blood

** Not verified if actually legal.

CNA Cohort *continued from page 1*

care throughout her time in the hospital, during her physical rehab, and now in an assisted living setting. CNAs improved her recovery and made every step of that long journey a better one for her. They really had an impact and they were an important part of her health care team - doctors, nurses, physical therapists - actually the CNAs were the people who interacted with mom the most and they helped her adapt to her situation and face it bravely. I'm excited to have a part in helping prepare more people for a much needed profession."

The CNA course is scheduled on Saturdays for the full 16-week academic semester, which allows flexibility for working and continuing education students. There is a lot to learn in a relatively short period of time, so attendance at every session is crucial. Students will complete a minimum of 140 hours of training which includes classroom instruction and clinical/skills training. The first part of the semester students will learn medical terminology, basic anatomy, and participate in skills lab, in Mat-Su College's state of the art nursing lab. For on-site clinical training students must have a copy of the American Heart Association Basic Life Support/ First Aid certification. Student who hold an expired certification or to obtain certification for the first time, the EMS department at Mat-Su College offers the American Heart Association- Basic Life Support for Healthcare Professionals (CPR) for $65.00. Contact the EMS department at, 907-746-9329 to learn about course offering.

In order to register for the course, students will need to meet with an Academic Advisor in Student Services, for approval. Eligibility requires demonstration of proficiency for English and Math by placement tests, completion of the State of Alaska Background Check and an immunization requirement. Interested students can schedule an appointment to have their State of Alaska Background check completed on campus, in the Student Services office, 907-745-9746. Students will be required to bring $72.00 along with their 2-sets of fingerprints and passport photos, by a State-approved provider. The State-approved provider in the Mat-Su Valley for fingerprints and passport photos is Alaska Investigation Agency, LLC, located at 7610 E Palmer-Wasilla Hwy, 907-342-7763.

Mat-Su College has been working closely with the College of Health in Anchorage to coordinate the training and obtain approval from the State Board of Nursing. We encourage student to attend on-going CNA orientations or schedule an appointment with an Academic Advisor to understand the process for registration approval. The advisors in student services will assist students to understand the process, but it will take considerable follow through for prospective students to be selected for the inaugural class.

Board Games *continued from page 2*

right into a role playing experience.

Stuffed Fables puts players in the role of a young girl's stuffed animals. With her recently being moved to the big girl's bed for the first time, her loyal stuffies must protect her from nightmare creatures.

Play takes place within an actual story book, with maps on one side and story elements and rules on the other. As players progress through the world by using Stuffed Fables's unique "bag of dice" mechanic, eventually your stuffies will reach the end of a chapter. Depending on how things went in the chapter, the story may be open to continue through another chapter, which means getting to play another time, with completely new maps and stories. Stuffed Fables will invite you back to the table for many chapters of adventure and fun.

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